



Week 12: *Recap and Congratulations!*

Things to keep in mind as you finish up the *Ready, Set, Walk!* program and continue your walking routine as part of your healthy lifestyle...

- Make sure you are off to a good start with the right equipment. A **good pair of shoes, a pedometer, and appropriate workout clothes** are all part of reaching your fitness goals!
- As you exercise, keep in mind all of the great things that you are doing for your health! Picture yourself walking further than ever before, lowering your blood pressure and cholesterol, improving the health of your heart, and reaching appropriate weight loss goals! These are all things that you can achieve just by getting out and walking!
- Remember to stretch before you exercise, maintain good posture while exercising and cool down when you have completed your routine. These things go in conjunction with improving your eating habits and adding more fruits and veggies to your diet.
- You have worked hard, so don't forget to reward yourself with a healthy treat or new workout attire.
- Continue to encourage those around you to adopt a more healthful lifestyle. Your commitment to improving your health is contagious, so keep spreading the word in your sphere of influence.

- Lastly, don't forget to have fun! It can be difficult at times to find the motivation to exercise. You are not the only one that experiences this, but you must put one foot in front of the other until it becomes a habit.
- **It doesn't end here...stay tuned for INShape Indiana's SummerFit program that is scheduled to begin on July 7th!**

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

Visit **www.inshape.in.gov** for more online advice from First Lady Cheri Daniels.

*A special thank you to **Butler University** for allowing INShape Indiana to film on their campus.*

Smart Eating = Lifelong Healthy Habits

Congratulations! Your lifestyle now includes regular walking and smart eating. Keep this handy checklist nearby to ensure these healthy habits stick around. These Registered Dietitian-approved websites will help you find recipes, kid-friendly activities and nutrition tips perfect for Mom and Dad. Happy, healthy eating!



Whole Grains Choose at least half your grains every day from the whole grain category: breads, bagels, English muffins, hamburger buns, flour tortillas, pancakes, waffles, pasta, spaghetti and couscous. There's a whole wheat version of every grain for more fiber, protein, vitamins and minerals.

www.wholegrainscouncil.org and www.wheatfoods.org

Fruits & Vegetables Aim for fruits and veggies at every meal and for snacks. More really matters and all forms count - fresh, frozen, canned, dried and 100% juices. Fruits and veggies are filled with vitamins, minerals, fiber and antioxidants to boost immunity which helps fight cancer and heart disease.

www.beans4health.com and www.makethemost.com and www.fruitsandveggiesmorematters.org

Meat, Poultry, Fish & Eggs Choose lean versions of pork, beef and lamb (cuts with "loin" and "round" in the name.) Remove skin from chicken and turkey to cut saturated fat and calories. Eat more fish (all varieties) for those healthy omega-3 fatty acids. Eggs contain heart-healthy fat and nutrients for better eye health.

www.theotherwhitemeat.com and www.beefitswhatsfordinner.com and www.aboutseafood.com and www.incredibleegg.org

Milk & Dairy Choose 1% or fat free milk (white and chocolate versions) for less fat and calories in this bone-building protein and calcium-rich beverage. (Lowfat chocolate milk even makes a great exercise recovery drink!). Reduced-fat, light and lowfat cheese and fat free yogurt keep your heart healthier with less saturated fat.

www.3-a-day.org

Beverages Remember to stay hydrated by drinking plenty of fluids. This includes milk, juice, sports and energy drinks, diet and regular soft drinks, lemonade, tea and coffee. Beverage calories can add up fast, however, so make sure you budget for them.

www.beverageinstitute.org

Are you involved in a community initiative to reduce smoking, increase physical activity or improve eating habits? If so, consider applying for the Indiana Healthy Cities and Communities Award before August 15th, 2008 at <http://nursing.iupui.edu/international/>.

The Community Corner

YMCA of Michiana - Forth Annual Night Moves 5K Run/Walk

When: Friday, July 11th @ 7:30 pm

Where: YMCA of Michiana, 1201 Northside Blvd., South Bend, IN

What: 5K Run/Walk that includes a 1 Mile Kids Fun Run/Walk, after event cookout with live music & awards. Corporate teams are encouraged to compete.

Contact: Mike Ghyselinck @ 574.287.9622 ext. 113 [Click for Details](#)

Muncie Endurathon

When: Saturday, July 12th @ 7am

Where: Prairie Creek Reservoir, Muncie

Details: Currently the longest running nonprofit Long Course Triathlon in the world.

Events include the long course race, sprint distance, aqua-bike and kid's race. More information and registration @ www.muncieendurathon.com

Three Rivers Family Fun: Bike, Walk or Run!

When: Saturday, July 19th @ 9am - Noon

Where: Fort Wayne, starting at Lawton Park - Clinton and 4th

Cost: \$5 for individuals or \$10 for families

Choose among a 2-mile walk, 3-mile run or a 6.5-mile (13 mile roundtrip) bicycle ride. Trailers for children and strollers are permitted. The event will conclude with a raffle, offering prizes for lucky participants. Registration will also be accepted on the day of the event at 8:15am. All participants must check in prior to the start of each event. Arrive early to secure a parking spot. Contact the Parks Department @ 260.427.6000 [Register for this event online](#)

Friends of Columbian Park Zoo's Zoo Run Run 5K Fun Run and Walk

When: Saturday, July 19th @ 8:30am

Where: Columbian Park Zoo, Lafayette, Indiana

Details: A family-oriented fun run and walk to benefit Columbian Park Zoo. Race will be followed by a pancake breakfast and celebration of zoo's 100th birthday. [Click for Details](#) or contact Paige Ebner @ 765.807.1545, email: focpz@lafayette.in.gov.

Tippy Connect 5K Run/Walk

When: Saturday, September 27th @ 9am - registration begins at 8am

Where: Purdue West Shopping Center in West Lafayette

Contact: Tressa Wykoff @ 765.532.3939

Benefits: *Big Brothers Big Sisters of Wabash Valley*

Walk for Lupus Now

When: Saturday, September 27th @ 10am - registration begins at 9am

Where: Military Park, Downtown Indianapolis

Details: Walk a ½ mile or 2 mile route along the canal. Register online at walkforlupusnowin.kintera.org or call 1.800.948.8806.

American Diabetes Association's Step Out: Walk to Fight Diabetes

When: Sunday, October 5th - Registration @ 6:30am & 8:00am start

Where: Indiana Historical Society, downtown Indianapolis

Details: A few miles of walking, talking and making a difference - all at the pace of a leisurely stroll. You don't need to be an athlete - just think of it as a walk in the park! Anyone can participate! For more information, contact the American Diabetes Association @ 1.888.342.2383 or go to www.diabetes.org/stepout.